

THE CALIFORNIA HOMŒOPATH.

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ORIGINAL ARTICLES.

POTENCY IN SCHUESSLERISM.

BY G. H. MARTIN, M. D., SAN FRANCISCO.

In prescribing Schuessler's remedies, it is sometimes very difficult to decide what potency to use in the case at hand, and it is as important to decide this question correctly, as it is to select the right remedy. These remedies, when properly given, act with great intensity, and I know of no other class in our materia medica, in which so much care should be exercised in selecting the right attenuation, as this. Many times have I heard physicians who have been using these remedies for a little while, say, "I do not get any results from them, although I prescribe carefully, according to the indications." No, they do not get the results that they wish and have a right to expect, and it is because they do not use the right potency.

Having used these remedies very extensively for the past three years, and having observed their action carefully, in disease, I have come to a few conclusions as regards the potency to be used in certain conditions. They are as yet meagre, but may be of use to some, who are, like myself, trying to solve this question. The 12x and 6x are the potencies most commonly used, and are in fact the only ones that

I have used thus far. In all cases of intense pain, where the nervous system is strung up to the highest pitch, as in the various forms of neuralgia, neuræsthenia; in high grades of fever, associated with acute inflammation of any organ or organs, I have found the 12x to act most promptly and permanently. In cases of this description where I have used the 6x, I have had decided aggravations, and they were not imaginary, either on the part of the patient or myself, I assure you. On the other hand, in cases of low fevers, or in cases of high temperature, where the patient is able to walk about, and do a portion of his work, and in chronic conditions, where intense pain is not a factor, the 6x has in my hands, given the best satisfaction; I will give two cases to illustrate my point.

No. 1. Was called one night to see Mrs. C., a slightly-built, pale little lady, of excessively nervous temperament, who was suffering excruciating pains in the left ovarian region, which was very sensitive to touch. They would come in paroxysms that would cause her to writhe in agony; sharp, lancinating in character, and aggravated by the least motion. I prescribed Magnesia phos, 6x, and waited for results, which soon came. In about ten minutes the paroxysms began to increase in vigor and frequency. I had prepared the magnesia by putting a five grain powder in about twelve teaspoonfuls of water, and giving a teaspoonful every ten minutes. At the end of a half an hour I concluded something else ought to be done; feeling very sure that my remedy was the right one, I decided to prepare a powder of the 12x in the same quantity of water, and give in the same way. After the second dose, the pains began to diminish, and in a half an hour I left my patient sleeping soundly. A few weeks after, I had the same thing repeated, as I was called in while passing by, and did not have any of the 12x with me. I gave the 6x and then went to my office for the other, which relieved as quickly as it had the first time.

CASE II.—Mr. A. came to me one morning complaining of a general feeling of exhaustion, lameness in every muscle, some headache, and lack of appetite. I found he had a temperature of 104 degrees. As he was very busy and did

not feel ill enough to give up entirely, I could not persuade him to go home and go to bed. I prescribed Ferrum phos. 12x., a five grain powder in two ounces of water, and directed him to take a teaspoonful every hour. The next morning he came to my office saying that all of his symptoms were worse; even now I could not get him to bed. Gave Ferrum phos 6x. in water, as I gave the 12x. Next morning he reported much better, and in three days was as well as ever.

These two cases are instances of many like experiences which I have had with these remedies. In the first case, the symptoms being intense, the system was peculiarly susceptible to drug influence, and the lower attenuation decidedly aggravated the condition; while the higher one contained just the right amount of the cell salt to supply the deficiency, and thus relieve the abnormal condition. In the second case a large dose was required, and was given with excellent results. One of the laws of Hahnemann is to give the minutest attenuation of the indicated remedy that will cure the disease, and that law holds good, whether we are prescribing according to Homœopathy or Schuesslerism, or any other method. These remedies act in a two-fold manner: First, as a food to supply the waste which has taken place; and second, in their Homœopathic relation to disease. According to Schuessler, a disturbance of the molecules of natrum mur. in the system causes a change in the normal proportion of moisture in the respective tissues, showing itself in a decrease of secretions in one part of the body, and an increase in another. As a result of this disproportion, we have a train of symptoms for which we many times prescribe Natrum mur. homœopathically; to substitute a drug effect for a pathological or functional condition. According to Schuessler we prescribe this salt to make up a deficiency which for some reason exists. Whether our Homœopathic remedies, as usually prescribed, do not also act in the same method as Schuessler's, is a question for us to decide. We know that our remedies contain, in a greater or less degree, the tissue salts, and it may be that by supplying these salts in various proportions they produce the effects attributed to them. For instance, let us glance at the list which contains Natrum mur. Boericke and Dewey, in their new work on tissue remedies, give it thus,

Cedron, Arum tr., Ailanthus, Anis stel, Hamamelis, Cimicif. and Secale. This group of remedies act upon the mucous membranes, glandular system, lymphatics, circulation, cerebro spinal system, female sexual organs and the skin, just where Natrum mur. acts. Whether these remedies act in curing disease according to the Homœopathic law or the biochemic theory, or both combined, we may never be able to tell, but, according to my experience, the tissue remedies act with more intensity, when properly prescribed, than have our Homœopathic remedies. They are more decided, both in their relief and their aggravation of symptoms, and for that reason we have to be very careful in selecting the right potency. I do not wish to be understood that I confine myself to the use of these twelve remedies alone in my treatment of disease; by no means, but I repeat, when properly indicated, and given in the proper attenuation, they act more decidedly than any other class of remedies that I know of. They seem to have an elective affinity for parts diseased, surpassing that of other agents, and thus the results are greater.

I have never gone higher than the 12x, or lower than the 6x, for I have usually been well enough satisfied with these; so, in summing up, I may say, that in all cases of excessive irritability of the nervous system the 12x will usually answer best. In chronic cases, or in conditions where this excessive irritability does not exist, the 6x will be best adapted to the case. In children under five years of age I invariably use the 12x.

THE IMPERFECTIONS OF THE HOMŒOPATHIC MATERIA MEDICA.

By S. L.

[*Read at the Meeting of the California Hom. State Society, 1888.*]

Nothing is perfect in this world of ours, and why should we expect it from the teachings and from the practice of Homœopathy? and still a Dunham stamped it as the Science of Therapeutics, and all of us have verified it in many a hard-fought battle.

But how can we, imperfect mortals as we are, master even that which is given to us from master minds, and how can we reunite in a harmonious whole the different opinions prevailing among many good and honest physicians? When a student of our own colleges or when a graduate from the other campus comes to me with a request to aid him in his endeavor to study the doctrines of Hahnemann, I recommend him to read Hughes' Pharmacodynamics, Dunham's Lectures and Farrington's Clinical Materia Medica; and still, Hughes and his writings were condemned by Adolph Lippe's school as a fatal error; Dunham was never forgiven for his prayer in behalf of liberty of thought and action—another fatal error; and Farrington leans too much on pathology to be considered a safe guide in the selection of the similimum. The purist's cry is: Read the Organon of Samuel Hahnemann. Let that inspired book be your Homœopathic Bible. Read it in the morning and at night; and so we all say, let the Organon remain forever the corner stone of Homœopathy, but let us also remember that this great work was penned by the Master just a century ago, and vast changes are taking place in this nineteenth century, which has done more in the last four decades of its existence than all the preceding centuries together. Homœopathy does not, cannot, stand still, when all around "forward, onward," constant progress is the watchword of this blessed century. Infallibility everywhere is considered nowadays not only out of fashion, but out of date, and if our Master could give us a new edition of his Organon, its truths would be still more fully elucidated, made easier to understand by plainer language, and even he, the greatest sufferer to medical illiberality and vituperation, would be more lenient to his enemies; for in 1888 he would not have any.

The inquiring student faints away when we put before him the ten volumes of Allen's Cyclopædia; he even shudders at the many though smaller volumes of Hahnemann's Materia Medica pura and chronic diseases; he even shrugs his shoulders at the condensations of a Hering, Lippe, Cowperthwaite; he looks with astonishment at the bulky volume of Allen's Symptom Register, at Clotar Muller's most excellent repertory; his vision becomes blurred by decyphering the

British Cypher Repertory or Lippe's Diamond Edition of Symptoms, and, if he is not endowed with a Silicea will, he returns to the easy way of attending patients, satisfied that the *vis medicatrix naturae* is, after all, the work on which to build a doctor's fortune, and that all other studies are, more or less, guess work in practice.

To present such misfortunes, let us open our eyes and acknowledge that there is much to be done yet to make our *Materia Medica* perfect. I, for one, would never allow to have one solitary symptom struck from our provings, for the least of them may become the keystone to a cure, and when so many desire to have the wheat winnowed from the chaff, I am in full accord with them in so far that all repetition should be disallowed; which could be done by using one word where there are now so many synonyms with nearly the same meaning. We do not want, we cannot stand, expunging of trivial symptoms, for there are none, but brevity must become the guiding star of a purified *Materia Medica*.

But again, says the Neophyte, how does it come that every remedy has double symptoms, diarrhoea and constipation, pain and palsy, anæmia and hyperæmia, and how does a poor fellow know what to give, how to give it, when to repeat it, and a thousand other questions. Why should I leave the pastures green and loose myself in a desert? Study the organon, says the purist; and illumination will be granted to you; and still there are many commentaries necessary to explain its truth, and, alas, the commentators differ in their opinions. More diversities still exist in regard to primary and secondary, or according even some tertiary symptoms, and when a Dunham denies their existence, when a Hale explains their action, according to his theory, and a Hempel according to another theory, shall the practitioner theorize where immediate action is of the utmost importance?

Look at the day-books of the provers and the prevailing darkness will disappear. Where are they to be found? For several years back a mild attempt has been made to publish a cyclopedia of drug pathogenesis under the auspices of the British Homœopathic Society and the American Institute of Homœopathy, and because it is not in toto what its name implies, because it is faulty in its arrangements and partial

in its selections, even the paltry five hundred copies, to which the American Institute guaranteed subscription, lie on the shelves and find no taker, and even the few who enriched their libraries with it, allow the dust to encumber its pages. It is good for nothing, says the purist, and we cannot deny that the iron rule to include no provings above the twelfth was an egregious blunder, a fatal error. But half a loaf is better than none, and let us be thankful for what we got and pray for more. That cyclopedia of Hughes and Dake is useless trash cries the materialistic adherent of a homœopathic school, for are not all these provings of Hahnemann and his disciples made when these adjuncts to a perfect pathological diagnosis were unknown quantities, when experiments on animals were hardly allowed, and the laborers and their work is condemned from both wings of the school. Is it not beautiful when brethren dwell in such unity? And still, to ensure progress, it needed radicals at every age, for conservatism alone gets stale and sleepy.

To satisfy both wings of our school we need reprovings of every remedy in our Materia Medica, made with the crude drug as well as with the highest potencies, and each proving supported by physical and chemical analysis, thus only we will accumulate day-books *for reference*, whose value nobody can dispute, and when we then arrange the symptoms according to the old fashioned, but still the most feasible plan, we will understand the full meaning of each symptom. Every remedy has its own central point around which all other symptoms revolve, let us then unite such similar centers to a class, as Farrington has shown us, and the differentiation between the remedies belonging to that group will be more easily grasped by the student. Attempts in that line have been made by Teste in France, by Gross in Germany, by Farrington and Jessen in our own country, but they all suffer from imperfections though they are good enough as far as they go.

For years Dr. Dake, of Nashville, has urged upon the American Institute a prover's union, but he spoke to deaf ears; and the reason is plain, the student wants to graduate, the young practitioner gives his whole mind and body up to his practice, and the old and retiring doctor loves his *otium*

cum dignitate, and the world still moves on, though our *Materia Medica* remains imperfect. If among the ten thousand homœopathic practitioners each one would give only one solitary proving each year, how easily its perfection would be accomplished, and it would hardly interfere with our daily work. If every county society in these forty States of our beloved Union would have the thorough reproof of one remedy recorded in its favor, how they would enrich themselves and allow others to partake of their valuable gift. So far I have addressed only the physician, but what shall I say to you, my dear ladies? You have taken upon you the duties and the sacrifice of a physician's life, but the world has the right to demand of you a higher and a nobler sacrifice; you have to unfold the treasures which our *Materia Medica* has still hidden in relation to your sex, and woman must do this for woman. Who will give us a cyclopedia of clinical, and thus verified, symptoms? Will our *Materia Medica* ever approach perfection? Alas, I hear no echo. I will not give up the hope that there will be some at any rate, who will by their duty to God, to their profession, and to humanity.

SELECTIONS.

SICK HEADACHE—NOTES FROM FARRINGTON'S LECTURES.

SANGUINARIA has no equal in sick headache, especially in the form known as American sick headache. It produces a genuine sick headache, the pains begin usually in the morning, and in the occiput or back of the head; they are very intense; the patient buries the head in the pillow to press against it for relief. Pains travel over the top of the head and settle in the right eye. The disease is now at its height, the patient can tolerate neither noise nor light, she vomits everything in her stomach, and vomits bile; bitter, yellowish vomiting. If she can get to sleep that sleep relieves her;

sometimes the pain is so violent that the patient goes out of her mind and seeks relief by pressure, this is the *Sanguinaria* headache in its completeness. Not only does the remedy palliate, but it cures.

BELLADONNA has the similar character of pains, but more prominently than *Sanguinaria*, the intolerance to light; the least jar seems to make the pains worse; they cannot bear to have any one walk across the room; if any one touches the bed they scream out with pain. You see the two remedies are very similar. Practically speaking, *Sanguinaria* is the more useful of the two in the gastric form. In *Belladonna* the feet are cold and the head is hot almost always, which is not necessarily the case with *Sanguinaria*. The *Belladonna* patient is relieved by being propped up in bed, *Sanguinaria* has relief from lying down.

Then too, the symptom, "pain coming from the occiput over the head, etc.," is not quite so prominent under *Bell.* as it is under *Sanguinaria*.

IRIS VERSICOLOR is an excellent remedy for periodical sick headaches, especially of teachers, headaches coming on periodically every six or seven days, and attended with vomiting and throbbing pains in the head, supra orbital pains, they often affect the eyes and cause temporary blindness.

PAULLINIA SORBILIS.—There appeared here some years ago from France, some little pills, which were known as a specific for sick headache. They contained this Paullinia as their principal ingredient. The objection that I have to the remedy is, that it has been given in such large doses, and consequently, I do not think it is homœopathic to the case. Its active principle is identical with Caffeine and Theine, and is called Guaranin, it is an excellent remedy in sick headache, but it has to be given in large doses.

MELILOTUS, a variety of clover, produces a headache, a headache which almost seems to drive the patient frantic; throbbing pains through the entire head, almost as bad as under *Glonoine*, mania even being simulated. In one prover the lady had prolapsus uteri and palpitation associated with the headache. It seems as if the brain would burst through the forehead.

THERIDION.—Sick headaches of hysterical women, closely resembling *Bell.* Intolerance to noise and motion. The *sensitiveness to noise* is a strong characteristic of *Theridion*, hypersensitiveness, nausea and aggravation from motion.

SPIGELIA.—Sharp neuralgic pains over the left eye, coming up from nape of neck and settling in and over left eye. It is apt to follow the sun, begins in morning, at its acme at noon; and gradually subsiding at sunset. Sensation as if head was open along the vertex.

NATR. MUR. IN SCARLATINA. (AFTER SCHUESSLER.)

“A few days ago,” writes the pastor Sch. in W——, two of my children had the scarlatina, one of them being complicated with diphtheria. The allopathic physician pronounced the latter case hopeless. That which most frightened me was the complete insomnia, day and night. The convulsions and typhoid symptoms did not yield to any remedy. I employed successively, but without result, the following remedies: *Bell.*, *Rhus.*, *Zincum.*, *Bryonia*, then *Ferr. phos.* and *Kali. phos.* At last, in looking over Schuessler’s work, I found that *Natr. Mur.* was the remedy indicated in the case. I at once made use of it, but with little confidence. However, the result was striking. After the first dose, the child had a peaceful sleep, and slept quietly all night. I continued the remedy, and my child, declared hopeless, was cured in a few days.—*Journal Pop. de Hom.*

OPHTHALMOLOGY AND OTOTOLOGY.

DEPARTMENT CONDUCTED BY H. C. FRENCH, M. D.

“MOLASSES IN THE TREATMENT OF CONJUNCTIVAL AFFECTIONS.”

Dr. Wolfner, of the Post-graduate Medical School and Polyclinic, of St. Louis, has stirred up a hornet’s nest among the elect, by assailing most vigorously the indiscriminate

use of harsh astringents by the dominant school in the treatment of conjunctival affections. He asserts that the abuse of blue stone, sulphate of zinc, nitrate of silver and kindred agents has resulted in "An immense number of chronic cases of inflammatory granulations," and claims to have avoided those sequelae by the local use of molasses, and says: "This plan of treatment has always been used in the department of Polyclinic, and we have to record the first failure." This is a good showing for treacle if the witness is trustworthy, and enforces a lesson which our allopathic brethren have for centuries been reluctant to learn.

Dr. Alt assails the paper in a ludicrous picture of patients whose lids are stuck together with candy and surrounded by buzzing flies. Dr. Wolfner's proposition that because so many eyes have pulled through, after a fashion, under the inevitable astringents, is no proof that they might not have made a better recovery under simple syrup, it is not adequately met by the saccharine argument of Dr. Alt. The universal use of astringents in these cases has rendered anything like accurate knowledge of their absolute or relative value, impossible. While our allopathic friends look to placebos for relief from the errors of ages, we have the better choice of a closer adherence to our law of similia.

Colleges, Hospitals and Societies.

THE AMERICAN INSTITUTE.

The American Institute convened its Fortieth Annual Session at Niagara Falls, N. Y., June 25th, 1888; President A. C. Cowperthwaite in the chair. The address of the President was principally devoted to the progress of Homœopathy and the important question of medical education, recommending that a comprehensive, uniform and rigid system be adopted, which should include the following requirements:

1st. A good preliminary education, including some knowledge of the classics.

2nd. A four years' course of study.

3rd. Attendance upon three courses of lectures of at least six months each.

The Treasurer reported a balance of \$550.29 on hand.

The balance of the first day was spent in receiving the reports of various Committees.

SECOND DAY.

Report of Committee on Pharmacy, Dr. Conrad Wesselhoeft reading a paper reviewing the work done during the past three years.

Dr. Lewis Sherman also presented an interesting paper touching the discoloration of triturations and their prevention.

The Bureau of Paedology made a full report.

Infantile Paralysis and Nervous Affections of Children. Papers were read by Drs. Clarence Bartlett, C. D. Crank, R. N. Tooker and others, and were ably discussed.

The Bureau of Surgery, Dr. J. E. James, Chairman, devoted its attention to Surgery of the Abdomen. Papers by Drs. C. M. Thomas and J. H. McClelland, were full of interest and a lively discussion followed, as is always the case in this department.

THIRD DAY.

The morning session was taken up by various committee reports, the most important of which being that of the International Pharmacopœia.

The Bureau of Ophthalmology, Otology and Laryngology made a good showing of interesting papers, followed by an animated discussion.

The Bureau of Obstetrics in the afternoon and the Bureau of Materia Medica in the evening, completed the day, Zincum and its salts receiving the attention of the latter and the Complications of Pregnancy that of the former.

FOURTH DAY.

The report of the Committee on the President's Address was received. The Intercollegiate Committee also reported, resolutions by both of these Committees were presented, showing the necessity and recommending a higher standard

of medical education, the minimum being three years study of not less than six months terms.

The election of officers for 1889 resulted as follows: President, Selden H. Talcott, Middletown, N. Y.; Vice-President, I. Y. Kinne, Patterson, N. J.; Treasurer, E. M. Kellogg, New York; General Secretary, P. Dudley, Philadelphia, Pa.; Provisional Secretary, I. M. Strong, New York.

Lake Minnetonka, Minn., was selected as the place for the next meeting.

The Committees of Drug Provings and Psychological Medicine and Clinical Medicine occupied the balance of the day.

FIFTH DAY.

The Bureau of Medical Legislation, the Necrologists report and unfinished business occupied the remainder of the session.

NEW LICENTIATES.

The following have been granted licenses to practice by the Homœopathic Board since our last issue:

J. N. Swasey, Alameda; New York Homœopathic Medical College.....	1887
S. S. Guy, San Francisco; Albany Medical College.....	1846
Daniel E. Lane, Alhambra; Hahnemann Medical College, Chicago.....	1878
H. J. Suttle, San Diego; Hahnemann Medical College, Chicago.....	1888
Anna E. Bailey, San Francisco; Hahnemann Medical College, Chicago.	1875
E. Beckwith, Santa Rosa; Homœopathic College, Cleveland.....	1864
Charles Arthur, Pasadena; Homœopathic Medical College, Philadelphia.	1866
E. K. Wrenn, Placerville, Woman's Medical College, New York.....	1875

THE Homœopathic Medical College of Minneapolis has ceased to exist as such, having become a part of the University of Minnesota. This is a good move, and we see by the account that our Homœopathic brethren of the Northwest have lost nothing, as nearly all of the Professorships continue as before.

A new Homœopathic Medical College is to be opened September 15th, at Kansas City, Mo. Among its trustees are some of the most influential citizens of Kansas City.

CORRESPONDENCE.

LETTER FROM STUTTGART, GERMANY.

STUTTGART, GERMANY, June 25, 1888.

EDITORS CALIFORNIA HOMŒOPATH:—Permit me to correct an error in your article on Infant Diet on page 191 of your journal. You say that “good milk will change red litmus paper to blue.” I was superintendent for three and a half years at the milk cure in this city, and as our physicians teach the same thing in regard to the reaction of cows milk, I experimented with hundreds of samples of milk. During the whole three and a half years, *but one* cow was found whose milk reacted neutral or possibly slightly alkaline; all the rest gave milk that reacted *slightly acid*. Any milk giving an alkaline reaction one half hour after milking, has been doctored with soda.

Respectfully,

A. ZÖPPRITZ.

LETTER FROM ELSINORE, CAL.

ELSINORE, CAL., June 4th, 1888.

EDITORS CALIFORNIA HOMŒOPATH:—There is a place here for a good Homœopathic physician. Is there not some young man or woman in your vicinity who would like to start in a new place? There is no permanent physician of our school here or about. Riverside, twenty five miles away, is the nearest. It needs a person of good qualifications; one in earnest. There is but one of the old school here, who is doing much and he is more sick than well, and a good active man could make a living now, taking all the towns and country about.

R. A. GRAHAM, M. D.CLINICAL ITEMS.

Cadmium Sulph. 3x cured a right sided facial paralysis in a 10 year old boy, resulting from exposure to cold and after causticum had failed.

Zincum has burning in the stomach particularly a pressure when empty with dyspnœa and apparent stricture of oesophagus. Eructations with burning pain running into the back, with nausea and vomiting. Sometimes the least spoonful of food will be thrown back as soon as it strikes the stomach.

Oxalic Acid—Gastralgia appearing after eating with pyrosis and cold feeling externally between epigastrium and umbilicus.

Benzoic Acid proved curative in the hands of Dr. Geiger, of Portland, in a case of gleet that had resisted all courses of treatment, one of the features present being a congestion of the prostate gland.

Dulcamara—Oppression of the chest from accumulation of mucus, with much difficulty in expelling the phlegm in infants or old people from threatened paralysis of the vagi.

Theridion is very valuable in destroying the cause or caries in scrofulous people. It has stinging pains in various parts of the body and a continuous aching in left chest near articulation of floating ribs.

Physostigma 3x, is the remedy for Leucorrhoea worse in afternoon, with great muscular prostration, constant inclination to sigh, which is worse, when the leucorrhoea is worse; desire for much cold water.

Three characteristics of the Stool of Veratrum: 1. Pain in abdomen preceding stool. 2. Profuse watery character of discharge. 3. Excessive prostration following.

Three general characteristics of Sulphur: 1. Mental pevishness and ill-humor. 2. General nocturnal aggravation. 3. Great aggravation by water.

Four principal indications for Kali Bich. in Diphtheria: 1. Yellow coated or dry red tongue. 2. In later stage of diphtheritic process after line of demarcation has formed and slough has commenced to separate. 3. Tough tenacious exudation. 4. Pain extending to neck and shoulders.

Psorinum.—Headache is increased or brought on by change of weather; is preceded by dimness of sight, or black spots before the eyes; always hungry before and during attack. Vomiting of pregnancy in cachectic individuals.

Ferrum Phos. is a most powerful vein medicine, although its action on the arteries is its prime sphere. It has cured a small aneurism in my hands, and the great indication for it is *throbbing*. It is also a beautiful hypnotic, but those who usually sleep well are often kept awake by it. It acts brilliantly in old people. (Fluoric acid in young.)—*J. C. B.*

Mercur.—One of the greatest of all the characteristics of this remedy in lung diseases is great aggravation from, or utter impossibility of lying upon the *right* side. A knowledge of this one symptom has enabled me to cure more cases of serious lung diseases than through all its other indications combined. Also *fugitive pains*, now here, now there.—*Gregg.*

Eriodycton is a close analogue to Ipecac in cough, expectoration and asthma. It has not the nausea.

Prof. Von Nussbaum, of Munich, in an article on "The Internal Use of Ichthyol" in Liebreich's *Therapeutischen Monatsheften*, says: "In conclusion, I must remark that Ichthyol is an excellent example of Hahnemann's maxim, '*Similia Similibus*,' for while it acts in a marvelously curative manner on Eczema, there are constitutions in which it will produce Eczema." Ichthyol is the product of the distillation of a bituminous rock abounding in the remains of fossil fishes. It is at present a very fashionable remedy in Germany for various sorts of inveterate skin diseases.—*World.*

Ferr. Phos.—Prof. Goodno reports three cases of croupous pneumonia aborted with *Ferr. Phos.*, after developing the crepitant rale and rust colored sputa. The disease went no further, but recovered by lysis, not by crisis, as usual.—*Fra.*

Ammon. Carb. 3x cured many cases of coryza, indicated in gouty headache, with thickened right ventricle. Also in sore throat where the feeling was as if skinned.

Strychnine competes with quinine in its beneficial effect in chronic ear diseases. The chronic unvarying tinnitus is characteristic of it.



The California Homœopath.

A MONTHLY JOURNAL,

Devoted to the cause of Homœopathy on the Pacific Coast. The only Homœopathic Medical Journal west of the Rocky Mountains.

EDITORS. - - WM. BOERICKE, M. D. and W. A. DEWEY, M. D.

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THE CALIFORNIA HOMOEOPATH, No. 234 Sutter St., San Francisco, Cal.

EDITORIAL.

LADIES' AID ASSOCIATION FAIR.

The Ladies Aid Association of the Hahnemann Hospital of this city have decided upon holding a fair in the early part of next December, the proceeds of which are to be devoted to the establishment of a fund for the erection of a suitable hospital building and the maintenance of free beds. In the two years that have elapsed since its opening, the present hospital has outgrown its increasing necessities. The large number of patients who are constantly applying for admission demand better and more ample facilities, and in many cases patients have been denied admission for want of accommodation.

As has been already stated in the pages of this journal, San Francisco, while ranking first in point of wealth among

the cities of the United States, ninth in amount of population, and with a homœopathic representation second to none, had, until a few years ago, no hospital devoted to the cure of disease under the Hahnemannian law. Two years ago, after considerable deliberation and some opposition, the Trustees of the Hahnemann Hospital College, by their own unaided efforts, established and equipped a small hospital, containing only seven beds, which they hoped might prove to be a nucleus which would inspire others to concerted interest and effort, so that at a day not far distant San Francisco might boast of a homœopathic Hospital worthy of its rank and wealth. Already their little venture has accomplished part of its purpose. It has been the humble instrument of much good to many sufferers who have sought its shelter for relief from disease, and it has stimulated its projectors and friends to increased efforts toward enlarging its sphere of usefulness and extending its benefits to the sick poor, providing for them a home where they may receive the advantages of skillful medical and surgical treatment, and kind and careful nursing, "without money and without price."

A benefactor, whose generosity is well known in our city annals, has kindly offered the Hahnemann Hospital an acre of ground admirably situated for the purpose, the only condition exacted being that a hospital building costing not less than \$5,000 should be erected within three years from date of acceptance. Another friend to the cause has offered a sum of \$2,500, conditional upon the same amount first being raised by other means or parties. It is to be hoped that others, seeing their good works, may follow and do likewise. Meanwhile, the Ladies' Aid Association, which now numbers some fifty members, has decided to put its feminine shoulder to the wheel for the advancement of these laudable purposes, and to this end they have projected the proposed fair already mentioned, which has been arranged for the first week in December, to continue several days. A series of entertainments are proposed in connection with the fair, of which due notice will be given, and as every effort will be made on the part of the Ladies' Aid Association to help on the hospital work, it is earnestly hoped that the physicians will not neglect the opportunity for interesting their families and patients

and securing their generous co-operation in the many ways which shall combine service to homœopathy with pleasure to themselves. Contributions for supplying and beautifying the different booths connected with the fair will be gratefully accepted by the Aid Association, and if sent to the pharmacy of Boericke & Schreck, 234 Sutter street, they will be properly forwarded to the committee in charge.

We trust that this proposed enterprise may be the signal for a very warm and spontaneous expression on the part both of physicians and laity of their affection for and belief in homœopathy, and their willingness to do good work in its service, so that, at no distant day, hope realized may take the place of hope deferred, doubts and fears will vanish, and San Francisco may add to its benefits and attractions a homœopathic hospital of which none shall be ashamed. C.

BOARD OF EXAMINERS.

For the benefit of the numerous newcomers who swell the ranks of the homœopathic profession on this coast, we again call the attention to the existence of our State law regulating the practice of medicine. *Every physician desiring to practice in the State of California must possess a diploma from a regularly chartered medical college.* This is absolutely essential. A certificate from any State Board of Health or any medical society, although it gives the holder all the rights and privileges of practicing physicians *within the states* where said Board of Health or Society exists, is of no use as a substitute for a regular diploma in California. The Board of Examiners cannot grant the license upon any such credentials, nor can it examine candidates or exercise any discretionary power whatsoever. It merely examines *diplomas*, ascertains their genuineness and determines whether they come from reputable Colleges. To aid the Board of Examiners in carrying out this their only functions, an affidavit is required from the applicant for the license of the Board, stating that said applicant is indeed the lawful owner of his diploma and has obtained it in the regular way. A blank form for this affidavit is furnished by the Secretary of

the Board of Examiners. The following circular by this officer explains itself:

“In order to procure a license to practice medicine in the State of California, the law requires that you send your diploma together with an affidavit as per blank furnished by the Secretary of the Board of Examiners and the fee (\$5.00) to the office of the Secretary, who will then present your application at the next meeting of the Board, and if satisfactory a license will then be issued to you.”

The Board holds a regular meeting on the evening of the first Monday of each month. Diplomas, together with the affidavit and fee, must be received before then in order to be acted upon, otherwise they must lay over until the next meeting. However, a candidate is legally entitled to practice from the time of his *application* for the license, even if this is not granted until a later date.

Personal Notes, Locations, Etc.

H. KNAPP, M. D., has removed from Lathrop to Martinez, Cal.

DR. E. BECKWITH, formerly of Albany, Or., has located in Santa Rosa, and we understand is doing well.

PROF. J. N. ECKEL has resumed his practice and his practical lectures at the Hahnemann College to the great satisfaction of patients and scholars.

DR. AMY G. BOWEN has opened an office in the choice locality of San Francisco, (near the editorial office of the CALIFORNIA HOMŒOPATH) at 630 Sutter Street.

WE desire to call the attention of our readers to the advertisement of OTIS CLAPP & Co's publications. They form an admirable addition to a physician's library.

WE notice that DR. C. L. TISDALE figures as Secretary of the American Party Convention held in this city. The Doctor's head is generally pretty level, and we are glad to see the evidence of it in his political faith.

DR. C. E. FISHER of Austin, Texas, the able editor of the *Southern Journal of Homœopathy*, is contemplating his yearly pilgrimage to this coast. The attraction will soon be great enough to enable us to claim him permanently.

WE notice all our exchanges with but few exceptions have recently contained articles by DR. THAYER of Brooklyn, with varying titles, but of singularly unvarying contents, whose principal import seems to be the booming of the Soluble Food of our friends, Messrs. Reed & Carnrick. A clever advertising dodge, this, and we are glad that the astute CALIFORNIA HOMŒOPATH is not the only journal that succumbed to the charm.

THROUGH a misunderstanding an error appeared among the personal items of our June number. PROF. J. F. KENT succeeds to the practice of the late Dr. Adolph Lippe, instead of being called to the Chair of Materia Medica and Therapeutics in the Hahnemann Medical College as we stated it. In this case the wish was father to the thought, as we know no one more capable of filling the Chair of Materia Medica in any college than PROF. KENT.

BOOK REVIEWS.

Proceeding of the International Hahnemannian Association, 1887.

How I would like to belong to that Association, but we miserable sinners, who once in a while will alternate or put a wet pack on in pneumonia, cannot aspire to that honor, and then we must be satisfied to read and to learn from their transactions. Open them wherever you like and one is instructed. I rather have the series of their proceedings than most of the more voluminous transactions. I believe with Hitchcock, that there is a good deal in the now fashionable germ theory and the disposition lying behind it; and when potentiation only increases the virulence, we have here a great acknowledgment by old school authorities, and it is really wonderful that so many of our own school swallow the germ theory in toto, and still deny any action to potentized drugs. Blindness and prejudice can really go no further. Our friend Nash excuses himself for using unproved tissue remedies in his practice. He really ought to be expelled from the Association for this breach of trust. But we forgive him, for we sail too often in the same boat, and Schussler's tissue remedies are daily used in our practice.

New provings of salicylic acid and of aqua Sanicula, a mineral spring of Illinois, for which we are grateful. We may have very little use for the former, but the latter ought "to take the cake" in infantile marasmus and the so frequent nervous dyspepsia of our age.

We like the discussion on hay-fever, for it "hits the nail on the head" by blaming a psoric constitution for the cause of it. I wonder whether Hughes and Dake will be allowed to include psorinum in their pathogenetic cyclopædia.

W. J. Guernsey gives an exhaustive article on variola, with a big repertory. That is his hobby, and let him stick to such work, which will be of vast benefit to us lazy drones. Only do not forget sanitation and lots of fresh air in the treatment of smallpox, or else even a similimum may fail.

Time is up, and reader buy these and all other proceedings of the I. H. A,
S. L.

A Cyclopædia of Drug Pathogenesis. Edited by R. HUGHES, M. D.,
and J. P. DAKE, M. D.: 2d volume. 1888.

Poor treasures of the American Institute of Homœopathy, who has over two hundred copies for sale and distribution, and it seems nobody wants them. Even some physicians of our school who took the first parts of the work, became disheartened and stopped their subscription. Why is this lukewarmness for a work issued under the auspices of the British Homœopathic Society, and the American Institute of Homœopathy, when of Farrington Clinical Materia Medica sixteen hundred copies were sold inside of a year, and the demand is still kept up?

There are several reasons for it, that our physicians think they have no use for such a work. 1. It is of no earthly practical use at the sick-bed. 2. It fails to satisfy the demand for a *true* drug pathogenesis, and thus fails to please either wing of the homœopathic school. 3. It neglects drugs, especially the antipsories, and gives too much space to drugs which are far less frequently used in the daily practice of our physicians. Thus, in the last fascicle, part VIII, graphite fills one page, while to hyoscyamus are granted over twenty pages. In fact, there are too many extracts from the London *Lancet*, from Virchow's *Archiv*, from Schmidt's *Jahrbucher* and other allopathic sources, and too little homœopathy. It does not satisfy an allopathic physician searching for the physiological action of a drug, and he who tries to prescribe according to Hahnemann will fail to find even the simile from such a pathogenesis.

We do not blame the editors, as they were handicapped from the very start in giving us a trustworthy drug pathogenesis. The whole work was conceived with materialistic ideas, and the dynamis, which is the very essence of homœopathy, had to be considered a forbidden fruit. The editors did the best they could under such unfavorable circumstances, and after all, one may learn a great deal from the two volumes which have so far appeared; but homœopathy remained true to itself and refused to accept the dictum of the British and American Society as the principle on which our school rests. It is a glorious sign of our times that these two hundred copies rest peaceably on the shelves of our British confreres, and would it be out of order if we request the worthy editors to give homœopathy a little more latitude, even should they have to transcend the limits allowed to them. Only thus can they hope that the two volumes which have still to appear may help the sale of the work.

A faithful drug pathogenesis, revealing the primary and secondary symptoms, and to this purpose the whole scale is needed, is still a work to be prayed for, as the British-American Cyclopædia does not cover the ground.

S. L.

Diseases of the Nervous System. We learn that DR. CHAS. PORTER HART is busily engaged in preparing a new edition of his well-known work on "Diseases of the Nervous System."

The work will be rearranged, enlarged, and almost entirely re-written; in short, it will be essentially a *new work*. The doctor feels that his advancing years demand that he shall no longer postpone the preparation of a *complete* edition of the work to which he has already devoted so many years of scientific labor and research. Not only will the therapeutical portion of the work be greatly modified and enlarged, but much greater interest and value will be given to the pathological portion, by means of numerous micro-photographs specially prepared for the illustration of this branch of the subject. Those who attended the professor's lectures and clinics on nervous diseases in the Hahnemann Medical College in this city, in the summer of 1886, will have some idea of what this feature of the work will be, from the microscopic views which the doctor then presented to the class. But it will be two or three years, at least, before this new edition will be ready for the press, and in the mean time the present edition is the best work we have on the subject, being still "up with the times" in every essential particular.

Atlas of Venereal and Skin Diseases. Edited by PRINCE A. MORROW, A. M. M. D. New York; Wm. Wood & Co., 1888.

This important work now in process of publication, is certainly the completest work of the kind published in this country. It will be composed of fifteen parts, three of which are already out, and the whole is expected to be finished within one year. It is comprised of original contributions and selections from the works of Kaposi, Neumann, Hutchinson, Fournier, Ricord, Piffard and other standard authorities. The plates are indeed, the finest ever produced in this country and as good as those of the celebrated work of Hebra. The editorial work is excellent, while the part of the publisher is done in superb style. We are glad that we have every prospect now of having so perfect a work on this special subject in the English language and can very cordially recommend our readers to subscribe for the same, feeling sure that their library will be enriched thereby.

Domestic Cook Book. A companion to Pulte's Domestic Physician. By MRS. DR. J. H. PULTE, Cincinnati: Geo. H. Smith, 1888.

This practical guide in the preparation of food for the well and the sick, fills a want long felt in our Homœopathic literature. The little antiquated book on "Homœopathic Cookery" is out of print, and this collection of receipts by an experienced housewife will prove very welcome. Besides cooking recipes, it also contains useful hints for the household. Every recipe in the book we are informed, has been carefully tested by the author and found very good. An excellent collection of recipes for the sick and convalescent, enriches the volume. We bespeak a large sale.

One Hundred and Ten Laparotomies for the Removal of the Uterine Appendages. Sixty one operations without a death by PROF. W. G. WYLLIE, M. D., New York.

The Tenth Annual Announcement of the College of the New York Ophthalmic Hospital.

Our school may well be proud of this excellent institution, where theoretical and clinical instruction in Diseases of the Eye and Ear is unsurpassed. The course of lectures opens Monday, October 1st, 1888.

The Trituration of Alkaloids. By E. PYNCHOW, M. D., Chicago.

Slowly, but surely our old school friends are adopting not only the results of our Materia Medica studies, but also even our distinctive pharmaceutical methods.

Report of Proceedings of the Illinois State Board of Health. Quarterly meeting, Chicago, April, 1888.

Articles on Small-pox, Cholera, Water Supplies, Wear and Tear of the Medical Profession.

An Aseptic Atmosphere. Club Foot. A Rectal Obdurator. Palato Plasty. By D. PRINCE, M. D. Jacksonville, Ill.

The Cause of Diphtheria, and the Difference between Diphtheria and Croup. Read before the State Medical Society by J. P. SCHMITZ, M.D.

POPULAR DEPARTMENT.

THE MANAGEMENT AND CARE OF CHILDREN.

By WILLIAM BOERICKE, M. D.

VI.

THE DISEASES OF EARLY INFANCY are few. Most of these first troubles are due to lack of proper care, and result from mismanagement. Preventive treatment, better care and management are required, rather than medicine.

Sometimes the baby will not pass fæces or urine in the first day after birth, and not freely for several days after. It may suffer much pain in consequence. Rub the abdomen with olive oil, or insert a conical soap suppository whittled out of castile soap two inches long in order to produce a discharge from the rectum. A dose of Nux may be given.

For the retention of urine, cloths wrung out in hot water may be placed over the region of the bladder or baby's back. A few doses of Aconite or Apis may be given, although it is rarely necessary to resort to medicine, only when baby is in evident pain, manifested by restlessness, crying and sleeplessness, is it advisable.

For the first few days after birth, the urine is naturally high colored from the excess of urine salts excreted. The diapers are often stained in consequence. If this should continue too long, a few doses of *Lycopod* will correct it.

CHAFING OR SORENESS OF INFANTS.—A redness and soreness of the skin, affecting the buttocks and the folds of the thighs. Due to lack of care. It generally arises from napkins saturated with urine being allowed to remain on, thus causing irritation of the skin. It is true, however, that constitutional causes may also contribute towards this trouble, thus the condition of the urine above described may favor its development. The treatment is largely preventive. Change the diapers just so soon as soiled. Never use a diaper that has not been rinsed out in water. Do not merely dry them. This is very important, and usually the cause of the difficulty. Always bathe the infant's parts after every passage, dry with a soft cloth and powder with corn starch. If these simple measures do not suffice, give a few doses of *Rhus*. This together with careful management, will soon correct the difficulty. In scrophulous children give *calcarea* 30 every night a few pellets. Locally use, besides, a lotion of *Calendula*, one teaspoonful of the aqueous tincture to a tumbler of warm water, three times daily.

EYE TROUBLES.—During the first days, we often meet with inflammation of the eyes, due generally to lack of care in the first washing, too bright light either of the sun or artificial light, cold, etc. When washing the eyes, do not be afraid of clean water, no matter how much gets into them. Wipe with a very soft cloth. Inflamed eyes must not be neglected. Cleanliness above all is the remedy. It is not an easy job to wash out the pus that may gather inside the lids, but the pitiful cries of the little patient must not be

allowed to prevent thoroughness. Place the crib so that no strong light can reach baby's eyes, and bathe with a solution of Boracic acid, about five grains in small teacupful of warm water every two hours, or, if inflammation is severe, every hour. Internally, give two pellets of *Aconite* every two hours, and follow with *Pulsat.*, same dose. But it is not advisable to rely on your own prescription in these troubles; having carried out the accessory measures described; it is best to leave the selection of the remedy to the physician.

JAUNDICE.—All new born infants, during the first few days after birth, have more or less intense red color of the skin, which gradually fades and disappears in about a week; sometimes it gives place to a more or less bright yellow hue, which is known as jaundice of the new born. This usually lasts several days and gradually disappears in eight to fourteen days. No special treatment is necessary, but remember that impure air, cold, use of purgatives and weakness of the infant favor its development. The urine colors the napkins, the stools are pale and dry or thin and watery. Child is drowsy, disinclined to take the breast. A few doses of *Chamom.* two pellets three times daily, especially if the child is peevish and fretful, may be given. *Bryonia*, same dose, may be substituted, if the stools are constipated, large and dry. If after several doses, both urine and stool do not assume their normal type, give *Lycopod* 30, two pellets three times daily. This is especially indicated if the child is drowsy, weak and spiritless. If the urine and stools change, even without change of color of skin, the little patient is improving; the jaundiced skin remains unchanged longer.

SWELLING OF THE BREASTS.—In infants, a few days after birth, a swelling of the breasts often takes place. The parts become hot, swollen, tender and may suppurate. *They must be neither rubbed or squeezed.* Apply a tepid compress or some camphorated vaseline and give two pellets every hour. If suppuration occurs, apply flaxseed poultice and give *Hepar* instead of *Bellad.*

HICCOUGH is frequently an annoying trouble. Generally it is caused by rapid feeding, overloading the stomach, cold by

exposure of some part of the body. Seek to the removal of the cause and dissolve a few pellets of *Nux* in a little water and give a little of it every few minutes. Sometimes little sips of water, sweetened or not, is just as effectual.

SNUFFLES consists of a swelling of the mucous membrane in the nasal passages, and consequently difficult and noisy breathing. It frequently is quite obstinate, lasting weeks. The treatment consists in avoiding excessive dryness or moisture of the atmosphere, or a dusty air and draught, and rub on nose, inside and out, a little camphorated or plain vaseline, and give two pellets of *Nux* three times daily. A little almond oil applied with a camel's hair brush, or cold cream, or the vapor of hot water allowed to pass up the nose, are all efficacious.

CRYING, WAKEFULNESS AND RESTLESSNESS.—Infants do not cry without some cause. This is certainly true of frequent and long continued fits of crying. The first thing to do is to discover the cause. The child may be hungry, wet, cold, especially the extremities, or soiled. The clothing or bed may be wrinkled—he may be in an uncomfortable position; often the mere turning is sufficient to relieve the distress. Thirst is not rarely a cause of crying in very young children; especially is this likely in attacks of diarrhoea. The cry for water is apt to be a constant wail of low tone, accompanied by marked restlessness. On no condition resort to soothing syrups, paregoric, etc., to quiet the child. After drying and warming him, toasting the toes before an open fire, filling a rubber bag with hot water and allowing the baby to lie on it with his stomach, and offering his food if near the time for nursing, or, if not, a little warmed water, he will in the great majority of cases, quiet down, and perhaps go to sleep. In regard to medicines, it is advisable to give chamomilla pellets, especially if the baby seems really cross and irritable, demanding constant carrying about. Give two pellets every half hour for a few doses. This may have to be followed by *coffea*, which often relieves the sleeplessness and excitement of the little patients.

RESUME.—Remember the following essentials for baby's comfort: Every new-born child should have the benefit of

clean, dry, warm, soft and loose clothing; breathe pure and warm air, both day and night; be kept perfectly sweet and clean, and receive its proper nourishment at regular intervals. Among the more common sins against these rational needs we meet with most, and must especially avoid, tight clothing and bandaging, cold bed, wet napkins, and soiled clothing generally; too warm covering for head, too much rocking, too bright light; imperfect washing of eyes, behind ears and other parts; the administration of soothing syrups, teas, gin and other quieting potions; the sucking of nipples or sugar-teats; too great exposure at bath; under-clothing not sufficiently rinsed and dried; imperfect cleansing of feeding bottles, tubes and utensils; keeping the child in close, too hot or too cold, draughty rooms. Avoiding these, and you will succeed in warding off most troubles of early infancy.

MANAGEMENT OF SIMPLE CONSTIPATION.

Sir Andrew Clark, M. D. (*Lancet*, London, January 1), after mentioning the evil results following the use of strong aperients frequently repeated, says that, for the most part, troublesome consequences of constipation may be avoided by attending to the conditions of healthy defecation. (1.) Plenty of solid and fluid digestible food; people leading a sedentary or social life become disposed to eat too fine foods and to drink too little liquid. (2.) A moderately full colon is essential; if it is more or less completely emptied by an aperient, defecation will be suspended until it becomes more or less full. (3.) Ignorance of the average amount of fæces required for the daily healthy relief of the bowels is one of the main causes of constipation, the unnecessary use of aperients, and the evils that arise from both. For a man of average weight, consuming an average amount of food, the average amount of fæces ready for discharge in twenty-four hours is about five ounces. This should be formed sufficiently ærated to float and coherent. According as the cylinder is moist or dry, it will measure from four to six inches in length. The writer concludes by giving the following brief instructions for the management of simple constipation. (1.) On first

waking in the morning, and also on going to bed at night, sip slowly from a quarter to half a pint of water, cold or hot. (2.) On rising take a cold or tepid sponge bath, followed by a brisk general toweling. (3.) Clothe warmly and loosely; see that there is no constriction about the waist. (4.) Take three simple but liberal meals daily; and, if desired and it does not disagree, take also a slice of bread and butter and a cup of tea in the afternoon. When tea is used it should not be hot or strong or infused over five minutes. Avoid pickles, spices, curries, salted or otherwise preserved provisions, pies, pastry, cheese, jams, dried fruits, nuts, all coarse, hard and indigestible foods taken with a view of moving the bowels, strong tea, and much hot liquid of any kind, with meals. (5.) Walk at least half an hour twice daily. (6.) Avoid sitting and working long in such a position as will compress or constrict the bowels. (7.) Solicit the action of the bowels every day after breakfast, and be patient in soliciting. If you fail in procuring relief one day, wait until the following day, when you will renew the solicitation at the appointed time. And if you fail the second day, you may, continue the daily solicitation, wait until the fourth day, when assistance should be taken. The simplest and best will be a small enema of equal parts of olive oil and water. The action of this injection will be greatly helped by taking it with the hips raised, and by previously anointing the anus and the lower parts of the rectum with vaseline or with oil. (8.) If by the use of all these means you fail in establishing the habit of daily or of alternate daily action of the bowels, it may be necessary to take artificial help. And your object in doing this is not to produce a very copious dejection, or to provoke several smaller actions; your object is to coax or persuade the bowels to act after the manner of nature by the production of a moderate more or less solid formed discharge. Before having recourse to drugs, you may try, on waking in the morning, massage of the abdomen, practiced from right to left along the course of the colon; and you may take at the two greater meals of the day a dessert-spoonful or more of the best Lucca oil. It is rather a pleasant addition to potatoes or to green vegetables. (9.) If the use of drugs is unavoidable, try the aloin pill. Take one-half an hour be-

fore the last meal of the day, or just so much of one as will suffice to move the bowels in a natural way the next day after breakfast. If it should produce a very copious motion, or several small motions, the pill is not acting aright; only a fourth, or even less, should be taken for a dose. When the right dose has been found it may be taken daily, or on alternate days, until the habit of daily defecation is established. Then the dose of the pill should be slowly diminished, and eventually artificial help should be withdrawn. The aloin pill is thus composed: R. Aloinæ, $\frac{1}{2}$ gr.; extr. nucis vom., $\frac{1}{2}$ gr.; ferri sulph., $\frac{1}{2}$ gr.; pulv. myrrhæ, $\frac{1}{2}$ gr.; saponis, $\frac{1}{2}$ gr.; fiat pil., 1. If the fæces are dry and hard, and *if there is no special weakness of the heart*, half a grain of ipecacuan may be added to each pill. Should the action of the pill be preceded by griping, and the character of the action be unequal, half a grain of fresh extract of belladonna will probably remove these disadvantages. If the aloin pill gripes, provokes the discharge of much mucus, or otherwise disagrees, substitute the fluid extract of cascara sagrada, and take from 5 to 20 drops in an ounce of water either on retiring to bed or before dinner. And when neither aloin nor cascara agrees, you may succeed by taking before the mid-day meal two or three grains each of dried carbonate of soda and powdered rhubarb. The exact agent employed for the relief of constipation is of much less importance than its mode of operation. If, whatever the agent may be, it succeeds in producing after the manner of nature one moderate formed stool, it may be, if necessary, continued indefinitely without fear of injurious effects. But treated upon physiological considerations, I have the belief that in the great majority of cases simple constipation may be successfully overcome without recourse to aperients.

BURIAL TO PREVENT THE SPREAD OF DISEASE.

Vincent Jackson, Senior Surgeon of the Wolverhampton and Staffordshire General Hospital, who is also Mayor of Wolverhampton, presided recently at a "Burial Reform" meeting, and defined the reforms required to be: Coffins of the most perishable and lightest material, all lasting sub-

stances being rejected; interments as early as possible; the pall to be discarded as an unnecessary and baneful covering, and burial in plain earth with total disuse of vaults and bricked graves. Vaults were condemned by Dr. Malet, Medical Health officer for the borough, as tending to the spread of disease and injury to the health of persons attending burials.

DANGER IN UNVENTILATED COTTAGES.

In a paper by Dr. Arthur Ransome (English), entitled "Some Evidence Respecting Tubercular Infective Areas," attention is called to the frequency with which groups of several cases of deaths from consumption in one family occur in small, badly ventilated cottages situated on damp clay soils. It is dampness and want of ventilation that makes a house or a group of houses dangerous, and they probably do this, in large parts at least, by causing or promoting slight inflammations of the air-passages, sore throats, bronchitis, etc., which lower the vitality of the tissues and so make them fit to support the tubercular bacilli.

SMOKERS' VERTIGO.

Dr. Decaisne is reported in the *New York Medical Record* as having recently investigated a number of cases of vertigo in smokers. Out of sixty-three patients, forty-nine were between fifty and sixty-six years of age. More than half of them suffered, in addition, from digestive troubles, with constipation alternating with diarrhœa, insomnia, palpitations, dyspnœa and diuresis. In a third of the number there was marked intermittence of the pulse, and granular pharyngitis, while others suffered from aphthæ, amblyopia, etc. Thirty-seven were persons who smoked habitually on an empty stomach, and these suffered from vertigo, principally in the morning. The vertigo is generally concided with suppression of perspiration and diminished excretion of urine. The treatment consisted mainly in regulating or suppressing the cause, but thirty-three out of thirty-seven patients ceased to suffer on merely refraining from smoking on an empty stomach.

THE DIRECTION OF SYMPTOMS.

Professor Kent says: "In every case of disease you should carefully notice the *direction* of symptoms. In acute diseases which run their course without treatment, the same succession of symptoms may always be observed, viz: the symptoms which first appear are the last to disappear. If the symptoms be carefully watched throughout the course of the disease, they will be seen to disappear in the reverse order of their coming. But if the disease is interfered with by treatment, the natural course of the disease will not be followed. But if the proper remedy is administered, and in the proper manner, it will check the progress of the disease in any stage, causing a disappearance of all the symptoms. In chronic diseases especially is this knowledge of the direction of symptoms most valuable. In all diseases—more easily observed in the chronic—when being cured homœopathically, symptoms disappear from within outward, from above downward, and in the reverse order of their coming. Thus, in rheumatism of the shoulders, after administering the appropriate remedy, the disease may go to the hips, afterward to the knees. Then you may be sure, although your patient suffers more pain than before, that he is getting well. On the other hand, if the disease is incurable or is getting worse, the direction of the symptoms will be reversed; they will travel from below upward, and from without inward. For instance, if a patient has rheumatism of the shoulders, as in the previous case, and you administer the indicated remedy, if the disease is incurable it will be very likely to attack the heart or go to some other vital part."—*Medical Era*.

THERE seems to be considerable rivalry among our various colleges in respect to the style of their annual announcements. Thus far The New York Homœopathic seems to lead.

At the recent commencement of Yale University, the title of L. L. D. was conferred on Dr. Wm. Tod Helmuth, an honor well bestowed and richly deserved.—*Times*.